



# **Kingsport Senior Center News**

**November 2013**

**Volume XXI Edition 11**

**1200 East Center Street**

**Kingsport, Tennessee 37660**

# **Veteran's Day Afternoon Celebration**

**Monday, November 11, 2013**

**Cafeteria**

**1:00 p.m.—2: 00 p.m.**

**FREE**

**“A hero is someone who has given his or her life to something bigger than oneself.”**

**Thank you for all you have done and continue to do so we can enjoy the freedoms we have today.**

**Sign up in front office. Everyone welcome.**

# Center News

## Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

## Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at 1200 E. Center Street at the Renaissance Center. For more information call the Center at (423) 392-8400 <http://seniors.kingsporttn.gov>**

## Center Hours

**Monday thru Friday 8:00am ~ 7:00pm  
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665  
(423) 765-9047**

**Hours: 9am to 2pm ~ Monday ~ Friday  
(See Branch Site Page for more information)**

**\*The Exercise Room and Computer Lab will close 15 minutes prior to the closing of the Center.**

**Membership Dues  
For Fiscal Year  
July 1, 2013-June 30, 2014**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

**Must be at least 50 years of age to join.**

**"The Fun Begins at 50!"**

## Kingsport Senior Center Staff

Director ~ Shirley Buchanan  
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392-8403

Branch Coordinator ~ Cindy Price  
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Wellness Coordinator ~ Kevin Lytle  
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Program Leader ~ Marlana Williams  
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Secretary ~ Marsha Mullins  
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Program Assistant ~ Amber Quillen  
amberquillen@kingsporttn.gov  
343-9713

Nutrition Site Manager ~ Sona Bingham  
246-8060

**The Senior Center will be closed  
Thursday, November 28-Saturday, November 30  
for Thanksgiving Holiday.**

WELLNESS

WELLNESS SEMINARS

**Fall Prevention:** Courtney Hall, PT, PhD with VA Medical Center, Research Health Scientist and ETSU Associate Professor of Physical Therapy will be at the Center on **Tuesday, November 5, 2013**, in the Card Room from 10:00 am to 11:00 am. Topic of discussion will be “Fall Prevention”: Steps to Better Balance and Greater Independence. Courtney Hall has been a physical therapist for 23 years and is specialized in the treatment of dizziness and imbalance for the past 14 years. Dr. Hall’s research focuses on understanding age-related changes in balance and how best to intervene therapeutically to prevent loss of mobility and falls. She has studied various risk factors impacting mobility and falls including leg strength, vestibular (inner ear) function, and cognitive ability.

**Medicare Advantage Plans:** Kelly Hunt, with Humana MarketPoint will be at the Center on **Tuesday, November 5, 2013** at 12:30 pm in the Card Room. Topic of discussion will be “Medicare Advantage Plans with Humana”: This seminar will discuss Medicare Advantage plans and Supplements alone with the five (5) different plans offered for this area. She will also discuss prescription drug plans, for comparisons to determine whether you would receive adequate or better health care at the same or a lower premium by switching your plan. Changes will take effect on January 1, 2014.

**Sugar Substitutes and Other Diet Foods:** Lisa Gilreath, RD, LDN, CDE will be at the Center on **Thursday, November 7, 2013** at 12:30 pm in the Card Room. Topic of discussion will be “Sugar Substitutes and Other Diet Foods”: Are sugar substitutes right for you and are they safe? Sugar-free, low-fat, low-carb, reduced sodium....what do all these terms mean? She will also discuss these questions and answer yours.

LUNCH & LEARN

**Living Wills:** Cassie Parrish, Volunteer Coordinator with Amedisys Hospice will be at the Center on **Tuesday, November 12, 2013** in the Card Room from 11:00 am to 12:00 noon with lunch to follow at noon. Topic of discussion will be “Living Wills: Five Wishes”. Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. This is an event you will not want to miss, so mark your calendar and plan to attend! You must reserve a seat to attend. Sign up in the Office, there is a limit of 30 seats available.

Humor Quote of the Month

*There is hope for the future because God has a sense of humor and we are funny to God. ~ Bill Cosby*

TOURNAMENTS

**Corn Hole Toss Tournament:** Come join us for a corn hole toss tournament on **Friday, November 15, 2013** at 12:00 pm in the Gym. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign up in the Office.

**Bowling for Turkeys:** Come join us for a day of fun, bowling at Warpath Lines on **Monday, November 25, 2013** at 10:30 am. Remember you don’t have to be an everyday bowler to participate in this tournament, because everyone bowls with two hands on bowling ball between their legs. We need a minimum of 12 players to sign up for tournament to be held. Cost of each game is \$1.90 plus tax payable at Warpath Lines. You will bowl three games with the highest scores being awarded 1st, 2nd, and 3rd place only. Sign up begins on Wednesday, November 6, 2013.

**Billiards Tournament:** We invite all pool sharks to show off your skill on **Wednesday, December 11, 2013** at 9:30 am in the Billiards Room. This tournament will be a 8-Ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person, payable the day of the tournament. Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on the **first three tables** in the billiards room. Sign up begins on Wednesday, November 13, 2013.

Faked Out by Fruit

Is your dessert an optical illusion? A study in the *Journal of Consumer Psychology* reports that **people under-estimate the calories in unhealthy food if it’s adorned with a healthy topping.** A dish of ice cream with fruit was judged to have 125 fewer calories than the same amount of plain ice cream. People given berry-topped pastries ate more on average, than those given plain ones. We subconsciously try to justify our choice and reduce our guilt when we eat high-calorie treats, says study author Ying Jiang, Ph.D. Before indulging, ask yourself: How much would I eat if this had no redeeming ingredients.

This Is Spinal Trap

Make sure your doctor didn’t rush that scrip: **Doctors are increasingly prescribing drugs and tests for back pain that don’t follow treatment guidelines.** A Harvard study reports that between 1999 and 2010, the number of narcotic prescriptions for back pain rose 51 percent, and referrals for MRIs and CT scans shot up 57 percent. “Primary-care physicians are increasingly crunched for time; sometimes it’s easier to order a test or a narcotic than to counsel a patient about managing his pain,” says study author John N. Mafi, M.D. Your doc’s advice *should* start with ice and ibuprofen or acetaminophen and then, if those don’t work, physical therapy.

Daily Activities and Classes at the Center

Monday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Massage Therapy ~ 9:00-2:00 ~ Multipurpose Room ~ (appointment only)  
Quilting ~ 9:00 ~ Room 303  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45  
Clay ~ Hand building ~ 10:00 ~ Ceramic Room  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Table Tennis ~ 1:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 9:00-2:00 ~ Multipurpose Room ~ (appointment only)  
Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Room  
Strength Training ~ 9:30 ~ Gym  
Basket weaving ~ 9:30-12:30 ~ Room 303  
Renaissance Strings ~ 10:00 ~ Atrium  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Dulcimer ~ 11:00 ~ Atrium  
Laughter Yoga ~ 11:00 ~ Room 302  
Good Neighbors ~ 12:15 ~ Lounge  
Jam Session ~ 12:30 ~ Cafeteria  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Salsa ~ 1:30 ~ Room 302  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Clay ~ Hand building ~ 10:00 ~ Ceramic Room  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym

Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Table Tennis ~ 1:00 ~ Gym  
Belly Dancing ~ 1:00 ~ Room 302

Thursday

Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Beginning Clogging ~ 10:00 ~ Room 302  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Belly Dancing ~ 11:30 ~ Room 302  
Good Neighbors ~ 12:15 ~ Lounge  
Jam Session ~ 12:30 ~ Cafeteria  
Volleyball ~ 1:00~ Gym  
Salsa ~ 1:30 ~ Room 302  
Pickleball ~ 4:00 ~ Gym

Friday

SilversSneakers Classic~ 8:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room  
Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym

TRAVEL AND SPECIAL EVENTS	
<p><b><u>One Pot Cooking w/ Beef</u></b></p> <p>Monday, November 11, 2013 Lounge 12:30 p.m.—2:00 p.m. Cost: \$2.00 paid to instructor day of class.</p> <p>Learn recipes from Tracy’s Little Kitchen</p> <p>Limit to 10 participants</p> <p><b>Sign up now!!!</b></p>	<p><b><u>Be a Santa to a Senior Wrapping Party</u></b></p> <p>Thursday, December 12, 2013 Cafeteria 5:00 p.m.—7:00 p.m.</p> <p>Holiday party with treats and music.</p> <p>Help wrap gifts bought for the “Be a Santa to a Senior” project.</p>
<p><b><u>Wood burning technique on watercolor paper</u></b></p> <p>Friday, November 22, 2013 Room 303 9:30 a.m.—1:30 p.m. Cost: \$45.00 paid to instructor</p> <p>See example in display case, billiard side hallway. Pick up supply list in front office.</p> <p><b>Sign up now!</b></p>	<p><b><u>Artisan Center Holiday Open House</u></b></p> <p><b>Tuesday December 3, 5:30-7:30pm Kingsport Senior Artisan Center Gallery 257 Walker Street, Kingsport</b></p> <p><b>Join us for appetizers and browse the new items in our Gallery! Many of the artists will be present to showcase their work and take custom orders for holiday gifts.</b></p> <p><b><u>Bob Ross Style Painting</u></b> Wednesday, November 21, 2013 10:00am-2:00pm Room 303 Cost: \$50.00 payable day of class to instructor, Jay Holdway Supplies provided, bring your lunch Call the senior center office to sign up</p>
<p><b><u>Thanksgiving Lunch</u></b> Tuesday, November 19, 2013 11:30 a.m.—1:00 p.m. 1st floor Cost: Bring a side dish</p>	

TRAVEL AND SPECIAL EVENTS

OTLB: Cootie Brown’s

Friday, November 8, 2013

Johnson City, TN

11:30 a.m. -2:30 p.m.

Cost: \$5.00 plus lunch on your own



Sign  
Up  
Now!!

Barter Theatre Present:  
“Another Night Before  
Christmas”

Tuesday, December 3, 2013  
Abington, VA

10:30 a.m.— 5:30 p.m.

Cost: \$32.00 plus lunch on your own  
Lunch at Ruby Tuesday

It’s a Christmas miracle! Oh, no wait, it’s a Christmas musical! Twas the night before Christmas and there’s a burglar in the house! Or is it someone more familiar – someone with a twinkling eye, perhaps? A cynical social worker is about to have her humbug attitude turned upside down in this truly endearing and hysterical musical comedy. A modern-day Christmas comedy to make you laugh ‘til you jiggle like a bowl full of jelly!

Sign up now!!

OTLB and Shopping:  
Blue Door Café

Friday, December 6, 2013  
Draper, VA

9:00 a.m.—4:30 p.m.

Cost: \$8.00 plus lunch on your own



Sign up begins November 4.

A Christmas Place Shopping Trip  
and Lunch

Wednesday, December 11, 2013

Pigeon Forge, TN

9:00 a.m.—4:30 p.m.

Cost: \$8.00 plus lunch on your own  
Lunch at Alamo Steakhouse

Sign up begins November 8.



# Your Page

## From the Dancing Corner

The November Dance sponsored by *Friends of Kingsport Senior Center* will feature a repeat performance by ***Ivy Road***. This band has been around for over 15 years, featuring Jason Lloyd and Lynda Laws. Jason is one of the best and most entertaining keyboardists in the area and also sings and plays the guitar. Lynda adds singing with rhythm and drums. Buddy Capps, singer and guitarist, completes this energetic trio.

***Ivy Road*** has been the opening act for Johnny Winters, The Marshall Tucker Band, and Black Oak Arkansas. They have toured and played festivals in Scotland, fanfare in Nashville, Binion's Horseshoe Lounge in Mississippi, and been the headline act for The Little Chicago Blues Festival. They've been featured on The King Pup Radio Hour, Live with Dave Carter on WETS and on HTV3 television. They have performed at The Blue Plum Festival, the Abingdon Highland Festival, Grandfather Mountain Highland Games, Speyfest in the United Kingdom and many more.

Come out and welcome this group on November 8, 2013. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person. The "shared snacks" custom has been discontinued for these monthly dances, but you are welcome to bring snacks for yourself or your group. Tables will be provided in the atrium. Water and coffee will be provided, but food and drinks are not permitted in the Renaissance Center gymnasium.



## Massage Therapy

Tuesdays with Cheryl Merrican call 423– 791-4222  
and  
Mondays with Barbara Keescker  
call 423 - 735-7475  
30 minute massage  
Cost: \$15.00  
Call to schedule appointment

## Basic Beginner Painting

Friday, November 15, 2013  
Room 303  
1:00 p.m.—4:00 p.m.  
Cost: \$20.00 paid to instructor day of class.  
Instructor: Anne Thwaites  
**See supply list in front office.**

A portrait drawing/painting workshop. The one-day workshop will focus on portrait drawing (drawing facial proportions) using pencil and pastel.

See example in display case billiards side hallway.

**Sign up begins Nov. 1**

## Celebrate Life

Thursday, November 21, 2013  
Multipurpose Room  
4:30pm-5:30pm  
This is a support group who share life experiences

## NEWS TO USE

### **AARP Safe Driving Classes**

Wednesday, November 20 and

Friday, November 22, 2013

9:00am-1:00pm

Room 230

Cost: \$15.00 AARP Members

\$20.00 Non-Members

**Pay instructor first day of class**

**Call the senior center office to sign up**

### **Cake Decorating 101**

Wednesday, November 13, 2013

Senior Center Lounge

10:00 a.m.—12:00 Noon

Cost: \$2.00 paid to instructor

\*Come by front office to pick up supply list.



**Sign up now!!!**

### **A Tasty Treat from Marsha**

#### **Taco Soup**

#### **Ingredients:**

1 lb ground beef, cooked and drained

1 can corn

1 can Great Northern Beans (white)

1 can Black Beans

1 can Red Beans

1 can Diced Tomatoes

1 Taco seasoning packet

2 cups water

Tortilla Chips

Sour Cream

Shredded Cheese

#### **Directions:**

Combine all ingredients in a Crockpot except the Tortilla Chips, shredded cheese and sour cream.

Do not drain any of the cans. Stir and cover with lid. Cook on low 6-8 hours. Serve with Tortilla chips, cheese, and sour cream.





**Computer Classes**

**Must sign up in advance of first class**

**Microsoft Word**

Monday, Oct. 21, 28, Nov. 4, 11  
9:00-11:00am  
\$25.00

**Online Shopping**

Tuesday, November 19th  
2:00 - 4:00 p.m. , bring your laptop, minimum of 5 participants required, \$10.00 paid to instructor, Jamie Cyphers

**How to use your Iphone**

Saturday, November 23rd  
9:30 –11:30 a.m. , bring your Iphone, minimum of 5 participants required, \$10.00 paid to instructor, Jamie Cyphers

Please put your name on the list in the office if you are interested in these classes. They will be held when enough participants are on the list.

**Computer lab is available for use unless a class is scheduled.**



Anne Easterling and her \$20 Applebee’s gift card she won while playing bingo at the cookout at the Allandale Pavilion



Zelma Easterling shows off her hat she won playing bingo. Prizes were provided by Appalachian Federal Credit Union.



Linda Martin won this Tennessee bag at the cookout at the Allandale Pavilion.

**Generations Online Internet Class**

Mondays, Wednesdays and Fridays  
1:00pm - 5:00pm

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. “Peer Coach” - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you.  
Please call 392-8433.

**Manicures**

Provided by DB Cosmetology students  
Tuesday, November 12, 2013  
Appointments are 11:30 a.m.—1:30 p.m.  
1 Hour appointments  
Cost: \$2.00, paid to manicurist  
Sign up in the senior center office

**KARAOKE**



**Tuesday, November 19, 2013**

**Genealogy Group**

9:00 am Friday’s  
Computer lab

**Library Book Day**

Thursday, November 21, 2013

Fall Classes 2013		
<p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday, Friday (ongoing)</li> <li>Time: 9:15am - 10:00am</li> <li>Location: Gym</li> <li>Instructor: Terri Farthing</li> <li>Lo-hi Impact Aerobics</li> </ul> <p><b>Basic Photography</b></p> <ul style="list-style-type: none"> <li>Tuesday, Thursday</li> <li>January 14-January 28, 2014</li> <li>Time: 3:00pm-5:00pm</li> <li>Room 230</li> <li>Instructor: Claude Kelly</li> <li>Sign up in office</li> </ul> <p><b>Ballroom Video Class</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 4:30pm - 6:30pm</li> <li>Room 302</li> </ul> <p>No instructor, practice to own</p> <p><b>Basic Woodworking</b></p> <ul style="list-style-type: none"> <li>Tuesday / Thursday</li> <li>New class will be in January</li> <li>9:00 am— 11:00 am</li> <li>Location: Wood shop</li> <li>Instructor: Howard Osborne</li> <li>Fee: \$50.00</li> <li>Will create 3 — 4 wood projects in 6 weeks</li> <li>Materials needed will be determined 1st class meeting</li> <li>Sign up in senior center office</li> </ul> <p><b>Basket weaving</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 9:30am - 12:30pm</li> <li>Location: Room 303</li> <li>Instructor: Lynne Bowers</li> </ul>	<p><b>Belly Dance for Beginners (Women Only)</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 11:30am-12:30pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul> <p>Must have 8 for class to begin. Please sign up at office.</p> <p><b>Belly Dancing - (Women Only)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 1:00pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Great for your abdominals</li> </ul> <p><b>Camera Club</b></p> <p>Please visit website for meeting times Instructor: Claude Kelly Website: <a href="http://www.scphotogroup.com">www.scphotogroup.com</a></p> <p><b>Ceramics</b></p> <ul style="list-style-type: none"> <li>Tuesday and Thursday</li> <li>Time: 9:00am - 11:30am</li> <li>Location: Ceramic/Clay Studio</li> <li>Instructor: Mary Lamson</li> <li><b>Please remember your annual \$10 firing fee</b></li> </ul> <p><b>Clay (Hand building)</b></p> <ul style="list-style-type: none"> <li>Monday</li> <li>Time: 10:00am-3:00pm</li> <li>Location: Ceramic Room</li> <li>Instructor: Aleta Chandler</li> <li>Fee: \$30.00, plus \$10.00 firing fee</li> </ul> <p><b>Clay (Intermediate Hand building)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 10:00am-3:00pm</li> <li>Location: Ceramic Room</li> <li>Instructor: Aleta Chandler</li> <li>Fee: \$30.00, plus \$10.00 firing fee</li> </ul>	<p><b>Clogging - (Beginning)</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 10:00am-11:30am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Must have 8 new beginners</li> <li>Sign up in office</li> </ul> <p><b>Clogging - (Intermediate)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 11:15am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul> <p><b>Dulcimer (Beginners)</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 11:00am</li> <li>Location: Atrium</li> <li>Instructor: Sharon McCurry</li> <li>Learn to play this beautiful Instrument</li> </ul> <p><b>Exercise for Everybody</b></p> <ul style="list-style-type: none"> <li>Tuesday &amp; Thursday</li> <li>Time: 10:30am</li> <li>Location: Gym</li> <li>Instructor: Kevin Lytle</li> </ul>

Fall Classes 2013		
<p><b>Good Neighbors</b></p> <ul style="list-style-type: none"> <li>• Tuesday and Thursday</li> <li>• Time: 12:15pm</li> <li>• Location: Lounge</li> <li>• Staff</li> <li>• Guest speakers, trips, bingo and fellowship</li> </ul> <p><b>Happy Day Singers</b></p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• Time: 9:45am</li> <li>• Inspirational singing at nursing homes</li> </ul> <p><b>Jam Session</b></p> <ul style="list-style-type: none"> <li>• Tuesday &amp; Thursday</li> <li>• Time: 12:30 noon</li> <li>• Location: Cafeteria</li> </ul> <p><b>Karaoke</b></p> <ul style="list-style-type: none"> <li>• 3rd Tuesday each month</li> <li>• Time: 4:00pm</li> <li>• Location: Cafeteria</li> <li>• Bring a snack</li> </ul> <p><b>Knitting Class</b></p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• Time: 1:00 - 3:00pm</li> <li>• Location: Room 303</li> <li>• Instructor: Barbara White</li> <li>• All skill levels</li> </ul> <p><b>Lap Swimming</b></p> <ul style="list-style-type: none"> <li>• M-F</li> <li>• Time: 10:00am-Noon</li> <li>• Location: Aquatics Center</li> <li>• No instructor, lap swimming</li> <li>• Locker room and warm water pool available for use.</li> </ul> <p><b>Mahjong</b></p> <ul style="list-style-type: none"> <li>• Friday</li> <li>• Time: 1:30pm</li> <li>• Location: Multipurpose Room</li> <li>• Instructor: Jean Chang</li> <li>• Beginners to Advanced players</li> </ul>	<p><b>Mini Cardio Exercise Class</b></p> <ul style="list-style-type: none"> <li>• Tuesday &amp; Thursday</li> <li>• Time: 8:45am - 9:15am</li> <li>• Room: 302</li> <li>• Instructor: Roger Hixson</li> </ul> <p><b>Quilting</b></p> <ul style="list-style-type: none"> <li>• Monday</li> <li>• Time: 9:00am - 10:30am</li> <li>• Location: Room 303</li> <li>• Instructor: John Plutchak</li> </ul> <p><b>Renaissance Strings</b></p> <ul style="list-style-type: none"> <li>• Tuesday</li> <li>• Time: 10:00am - 11:00am</li> <li>• Location: Atrium</li> <li>• Instructors: Lucile Hincke and Jan Fenelon</li> </ul> <p><b>SilverSneakers Classic</b></p> <ul style="list-style-type: none"> <li>• Monday, Wednesday &amp; Friday (ongoing)</li> <li>• Time: 8:15am - 9:00am</li> <li>• Location: Gym</li> <li>• Low Impact Aerobics</li> <li>• Instructor: Terri Bowling</li> </ul> <p><b>Strength Training</b></p> <ul style="list-style-type: none"> <li>• Monday, Wednesday &amp; Friday</li> <li>• Time: 10:15am - 11:00am</li> <li>• Location: Gym</li> <li>• Instructor: Terri Farthing</li> </ul>	<p><b>Strength Training</b></p> <ul style="list-style-type: none"> <li>• Tuesday, Thursday</li> <li>• Time 9:30am - 10:30am</li> <li>• Location: Gym</li> <li>• Instructor: Kevin Lytle</li> </ul> <p><b>Tai-Chi</b></p> <ul style="list-style-type: none"> <li>• Monday &amp; Wednesday</li> <li>• Time: 8:30am</li> <li>• Location: Senior center, Room 310</li> <li>• Instructor: Hang Lei</li> </ul> <p><b>Woodcarving</b></p> <ul style="list-style-type: none"> <li>• Thursdays</li> <li>• Time: 9:00am - 12:00 noon</li> <li>• Location: Room 303</li> <li>• Beginners welcome</li> </ul> <p><b>Woodshop</b></p> <ul style="list-style-type: none"> <li>• Monday, Wednesday, Friday</li> <li>• Time: 9:00am-2:00pm</li> <li>• Location: Woodshop</li> <li>• Volunteer Instructors</li> <li>• Complete woodshop. Safety test Required, given 1st Monday of Each month.</li> </ul> <p><b>Zumba</b></p> <ul style="list-style-type: none"> <li>• Tuesday and Thursday</li> <li>• Time: 8:15am</li> <li>• Location: Gym</li> <li>• Instructor: Terri Bowling</li> </ul>

# Fall 2013 BRANCH SITE SCHEDULE

**Core Conditioning**

- Tuesday and Thursday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

**Beginning Crochet**

- Tuesday,
- 6 week class
- 12:30-1:30
- Instructor: Susan Egan
- \$25.00
- Must be right handed

**Beginning Drawing**

- Wednesday
- Time: 10:00am - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

**Advanced Drawing**

- Wednesday
- Time: 9:00am –11:00am
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

**Line Dance - Beginning**

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell

**Line Dance - Intermediate**

- Monday
- Time: 12:45pm –1:45pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.

**Advanced Yoga**

- Tuesday and Thursday
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC Rec. Room
- Instructor: Tish Kashdan

**Private Personal Training with Chris**

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

**Artist and Crafters Monthly Breakfast**

- 2nd Tuesday
- 9:30am
- Lynn View Branch Site
- Please call for reservation 765-9047

**Strength Training**

- Tuesday and Thursday
- Time: 9:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

**Yoga**

- Tuesday and Thursday
- Time: 11:30am - 12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

**Zumba Fitness**

- Tuesday 10:45am
- Location: Lynn View Branch Site
- Instructor: BJ Goliday
- Minimum of 8 students required

**SilverSneakers Muscular Strength and Range of Movement**

- Monday and Wednesday
- Time: 10:00am
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

**Piloxing**

- Tuesday and Thursday
- Time: 9:30am
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination Pilates and kick boxing and is an intense workout.

**Total Body Workout**

- Monday and Wednesday
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2

**Game Day**

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

**Pickleball**

- Monday, Wednesday & Friday
- Time: 1:00pm - 3:00pm
- Lynn View Branch Site

**Ageless Grace**

- 6 week class
- Wednesday
- Time: 11:30am
- Location: Colonial Heights Baptist Church
- Instructor: Darlene Taylor

**Indoor Walking**

- Monday - Friday
- Time: 9:00am - 12:00 noon
- Location: Colonial Heights Baptist Church walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

**Artists Wanted**

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Hannah at 423-765-9047.

Visit our website  
[www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com)  
And like us on Face book

<div data-bbox="108 475 677 615">  <p><b>Kingsport</b> <b>Adult Education</b></p> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p><b>JOB SKILLS</b></p> <div data-bbox="124 1174 514 1442">  </div> <p><b><u>21ST CENTURY JOB SEEKING *NEW</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks</li> <li>• Fee \$100</li> <li>• Instructor: Jamie Cyphers</li> <li>• Wednesday 6:00pm - 8:00pm</li> <li>• Location: Computer Lab, Senior Center</li> <li>• Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview</li> </ul> <p><b><u>2008 National Electric Code (Commercial)</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee: \$70</li> <li>• Monday 6:00pm - 8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>2008 National Electric Code (Residential) Begins 1/13/14</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee \$70</li> <li>• Monday 6:00pm-8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul>	<p><b><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></b></p> <ul style="list-style-type: none"> <li>• Part I</li> <li>• 10 Weeks</li> <li>• Fee: \$165</li> <li>• Tuesday 6:00pm - 9:00pm</li> <li>• Instructor: Jim Dotson</li> <li>• Location: Multipurpose Room, Renaissance Center</li> </ul> <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><b><u>CULTURAL/ARTS/CRAFTS</u></b></p> <p><b><u>Card Making Workshop</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: TBA</li> <li>• Fee: \$10/includes materials</li> <li>• Location: Lynn View Community Center</li> </ul> <p>You will make five cards and take materials home to make five additional cards.</p> <p><b><u>HEALTH/EXERCISE</u></b></p> <p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> <li>• Contact Chris (423-741-5643)</li> </ul> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks</li> <li>• \$25 fee per session</li> <li>• Thursday, 5:15pm</li> <li>• Instructor: Becky Mills</li> <li>• Location: Lynn View Community Center, Cafeteria</li> </ul> <div data-bbox="895 2007 1270 2343">  </div> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Tuesday, 6:00pm</li> <li>• Instructor: Becky Mills</li> <li>• Limited to 15 participants</li> <li>• \$30.00 payable first night of class</li> </ul>	<p><b><u>DANCE CLASSES</u></b></p> <p><b><u>Beginning Line Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class</li> <li>• Fee: \$25</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Thursday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Couples Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class</li> <li>• Dates same as Line Dance</li> <li>• Fee: \$25 or free if you take Line Dance class</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Wednesday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Salsa Dance</u></b></p> <ul style="list-style-type: none"> <li>• 4 weeks class</li> <li>• Fee: \$10 each class</li> <li>• Tuesday and Thursday</li> <li>• Time: 1:30pm</li> <li>• Room 302, Renaissance Center</li> <li>• Instructor: BJ Goliday</li> </ul> <p>* Call for starting dates where not listed.</p>
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# Medicare Part D Open Enrollment Event

**Date: Tuesday, November 12 and Thursday,  
November 14, 2013**

**Time: 9:00 a.m. to 12:00 p.m.**

**At: Kingsport Senior Center  
Kingsport, TN**

**To Register: Call 423.392.8400**

**Plans Change. You Change.  
Shop and Compare.**

**Medicare’s Part D Annual Enrollment Period is October 15 to December 7.** This is the period each year when Medicare beneficiaries can join, switch or drop their Medicare Part D or Medicare Advantage coverage.

This year, Kingsport Senior Center will be hosting two Medicare Part D Open Enrollment Events. On Tuesday, November 12 from 9 a.m. - 12:00 p.m. and on Thursday, November 14 from 9 a.m. – 12:00 p.m. Medicare Counselors from the Tennessee State Health Insurance Assistance Program (SHIP) will be on hand in the computer lab to assist with plan comparisons and answer questions. SHIP Medicare Counselors are not affiliated with any insurance or pharmaceutical company. Counselors will include students from ETSU’s Gatton College of Pharmacy. The events are free.

Due to limited seating, please call to register. Bring your Medicare card and a list of the prescriptions including the dosages that you take.

**Take the time to see if your plan still works for you.**

*Presented by SHIP – First TN Area Agency on Aging and Disability and the Kingsport Senior Center*



**34th Annual Show!**

**To: 2013**

**Nov. 8**  
**Nov. 9**  
**Nov. 10**

# Christmas Connection

**ARTS & CRAFTS FAIR**  
*by the City of Kingsport Office of Cultural Arts*

**Fun Shopping for All!**  
*Holiday Greenery, Primitive & Country Crafts, Kettlecorn, Funnel Cakes, Baked Goods, Stained Glass, Woodcrafts, Pottery, Handmade Soaps & Lotions, Fabric Crafts, Doll Clothing, True-to-life baby dolls, Dichroic Glass, Jewelry, Handmade Greeting Cards & Paper Art, Leather Crafts, Baskets, Stamping, Tole Painting... Plus...Book Authors w/readings every hour! And much more!*

**LOCATION: CIVIC AUDITORIUM**  
1550 Ft. Henry Dr. Kingsport, TN 37660

**FREE Admission to the public!** [EngageKingsport.com](http://EngageKingsport.com)

**FRIDAY NOV. 8**  
**12:00 NOON – 6PM**

**SATURDAY NOV. 9**  
**10:00 AM – 6PM**

**SUNDAY NOV. 10**  
**12:00 NOON – 5PM**

## INFORMATION PARTNERS SHOULD KNOW



# People with Medicare and the Health Insurance Marketplace

## *Frequently Asked Questions*

### **HOW WILL THE HEALTH INSURANCE MARKETPLACE THAT STARTS IN 2014 AFFECT MY MEDICARE COVERAGE?**

The Health Insurance Marketplace is designed to help people who don't have any health insurance. You have health insurance through Medicare. The Marketplace **won't** have any effect on your Medicare coverage.

Your Medicare benefits aren't changing. No matter how you get Medicare, whether through Original Medicare or a Medicare Advantage Plan, you'll still have the same benefits and security you have now, and you won't have to make any changes.

The Marketplace provides new health insurance options for many Americans. If you have family and friends who **don't** have health insurance, tell them to visit **HealthCare.gov** to learn more about their options.

### **DO I NEED TO DO ANYTHING WITH MARKETPLACE PLANS DURING MEDICARE OPEN ENROLLMENT (OCTOBER 15 – DECEMBER 7, 2013)?**

Medicare's Open Enrollment isn't part of the new Health Insurance Marketplace. It's against the law for someone who knows that you have Medicare to sell you a Marketplace plan.

Medicare Open Enrollment (October 15 – December 7, 2013) is the time when all people with Medicare are encouraged to review their current health and prescription drug coverage, including any changes in costs, coverage and benefits that will take effect next year. If you want to change your coverage for next year, this is the time to do it. If you're satisfied that your current coverage will continue to meet your needs for next year, you don't need to do anything. For more information on Medicare Open Enrollment, visit **Medicare.gov** or call 1-800-MEDICARE.

**NOTE:** The Health Insurance Marketplace Open Enrollment period (October 1, 2013 to March 31, 2014) overlaps with the Medicare Open Enrollment period (October 15 – December 7, 2013). Therefore, people with Medicare who are looking to make Medicare coverage changes should make sure that they are reviewing **Medicare plans** and **not Marketplace options**.

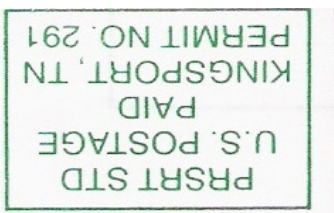
### **WHAT SHOULD I DO IF I'M CONTACTED ABOUT SIGNING UP FOR A HEALTH PLAN?**

- The Medicare open enrollment period is a time when there's a higher risk for fraudulent activities.
- It's against the law for someone who knows that you have Medicare to sell you a Marketplace plan.
- **DO NOT** share your Medicare number or other personal information with anyone who knocks on your door or contacts you uninvited to sell you a health plan.
- Senior Medicare Patrol programs are teaching people with Medicare how to detect and report fraud, and protect themselves from fraudulent activity and identity theft.
- To learn more about health care fraud and ways to protect against it, visit **StopMedicareFraud.gov** or the Senior Medicare Patrol (SMP) program in your area (locate your SMP at **SMPresource.org**).

**This information is provided by the United States Department of Health and Human Services.**



August 2013



**Kingsport Senior Center**  
**1200 E. Center Street**  
**Kingsport, TN. 37660**  
**Phone: 423-392-8400**

# Christmas Lunch

**Tuesday, December 17**

**1st Floor**

**11:30 a.m.**

**Cost: Bring a side dish!**

**Sign up now!!**

